

BOOK REVIEWS

CALIFORNIA MEDICINE does not review all books sent to it by the publishers. A list of new books received is carried in the Advertising Section.

PROGRESS IN CLINICAL PSYCHOLOGY — Volume VIII — Dreams and Dreaming — Edited by Lawrence Edwin Abr, Ph.D., and Bernard F. Riess, Ph.D. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1969. 192 pages, \$9.75.

The topical areas of sleep, dreaming, and suggestion are exciting fields of research in which the authors have selected outstanding contributors to present up-to-date findings on subject areas which have long been studied mainly through introspection and other non-scientific approaches.

The nature of sleep is well documented from a measurement point of view, with findings sufficiently detailed to stimulate the well informed reader; yet equally understandable by those readers less informed on such aspects as the stages of sleep and dreaming represented in EEG patterns. The effects of dream deprivation are presented with many practical and theoretical questions raised. For example, "What is the function of REM sleep and how does such deprivation affect behavior measurement in man as well as psychological test performance?" While the data are not conclusive and while suggestions for more comprehensive research studies are presented, there is evidence that loss of REM sleep does contribute to observed and measured decrement in performance. The effects of such loss on general social and emotional behavior are well documented and likened to the effects of concentration camp and prisoner of war experiences, with sleep deprivation leading to psychotic-like perceptual and cognitive changes.

States of sleep disorders in children are presented, relating such anomalies as somnambulism, enuresis, and night terrors to "first third of the night and stage four sleep." Other papers discuss relationships between dream states and varied psychophysiological measures such as ectodermal responses (no longer GSR), electromyographic studies, and fluctuations in penile erections. The findings, although inconclusive, are presented as motivation for further research to test the hypothesis that there is a psychophysiological parallel to the dream state.

Clinical and psychoanalytic implications of dream research are reviewed, exploring relationships between repression and forgetting of dreams; dream recall, hypnagogic reverie findings; and deliberate manipulation of dream content through a variety of experimenter imposed conditions. In addition, the effects of psychoactive and tranquilizing drugs reflected in experimental and literary findings are presented. The suppression of REM sleep with sedation and the change in sleep patterns and dreaming under drugs have relevance to physicians in general and is seen as an important concomitant to be considered in patient care and management.

Of international significance is the research from the U.S.S.R. with waking, sleep, and hypnotic suggestion. Mathematical models for assessing the potency of sugges-

tion are presented. "The basic mechanism of suggestibility was seen in the functional separation of the activity of the cortex," where fatigue states contribute to a lowering of the "tonus of the cortex" and thus lead to an increase of suggestibility.

In summary, *Progress in Clinical Psychology*, Volume 8, 1969, has presented empirical and experimental data highly relevant to the expanding international interest in the broad area of states of consciousness and awareness. The literature reviews by the contributing authors, the excellence of the selected articles, and the continuing demonstration of a scientific approach to the study of such subjective states as sleep, dreaming, and suggestion, are all exciting demonstrations of the expanding areas of methodological study in the broad field of "Psychology."

MORRIS J. PAULSON, Ph.D.

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THE OPHTHALMIC ASSISTANT — FUNDAMENTALS AND CLINICAL PRACTICE — Harold A. Stein, M.D., M.Sc. (Ophth.), F.R.C.S.(C), Clinical Teacher, University of Toronto; Chief, Department of Ophthalmology, Scarborough General Hospital; Attending Ophthalmologist, Mount Sinai Hospital and Sunnybrook Hospital, Toronto; Chairman, Section on Ophthalmology, Ontario Medical Association, Director, Association of Ophthalmic Assistants of Ontario; and Bernard J. Slatt, M.D., F.R.C.S.(C), Clinical Teacher, University of Toronto; Attending Ophthalmologist, Scarborough General Hospital, Toronto General Hospital, and Branson Hospital; Director, Association of Ophthalmic Assistants of Ontario, both Ontario, Canada. The C. V. Mosby Company, Publishers, 3207 Washington Boulevard, St. Louis, Mo. (63103), 1968. 406 pages, 550 illustrations, \$19.50.

This excellent book should be required reading for all those who assist the ophthalmologist in the examination of patients, performance of diagnostic and therapeutic office procedures, and the care of hospitalized patients both on the wards and in the operating room. It fills a long felt need.

The role of para-medical personnel in the care of ophthalmic patients is increasing in importance. Many examination techniques are delegated to assistants, many of whom must learn these techniques from on-the-job experience. The training of lay technicians takes time and patience. This book should make the task much easier for both teacher and trainee.

The book is divided into five parts as follows:

1. Basic sciences, including anatomy, physiology, optics and pharmacology.
2. Clinical practice, dealing with methods and equipment used in eye examination, facts about glasses, injuries and emergencies, office surgery, the operative patient and the glaucoma patient.
3. Special procedures, such as tonography, orthoptics, low-vision aids, and photography.
4. Community ocular problems such as eye screening programs, public relations and the blind.